





# MEMBER ASSISTANCE PROGRAM

When life feels overwhelming, timely support can make a difference. Our **Crisis Counselling Services** provide short-term solution-focused support to help you navigate acute stress, anxiety, low mood or uncertainty.



## Why reach out?

-  FREE Confidential & Independent Services
-  Expert Guidance
-  Compassionate & non-judgemental
-  In-person, Phone or Secure Video

*Starlight Psychology's goal is to support recovery, restore stability and maintain psychological wellbeing through times of crisis - empowering you to move forward with resilience.*

**Note: We do not provide financial advice.**

## We can help you

- Identify immediate needs
- Manage stress & emotional impact
- Build healthy coping strategies
- Reconnect with strengths & stability
- Plan next steps with practical support
- Maintain wellbeing through sudden life changes

## Getting support is simple



**1300 855 893**

*please quote Praemium Super*



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**[www.starlightpsychology.com.au](http://www.starlightpsychology.com.au)**